Prevention

MEALS THAT HEAL

ANTI-INFLAMMATION *Diet*

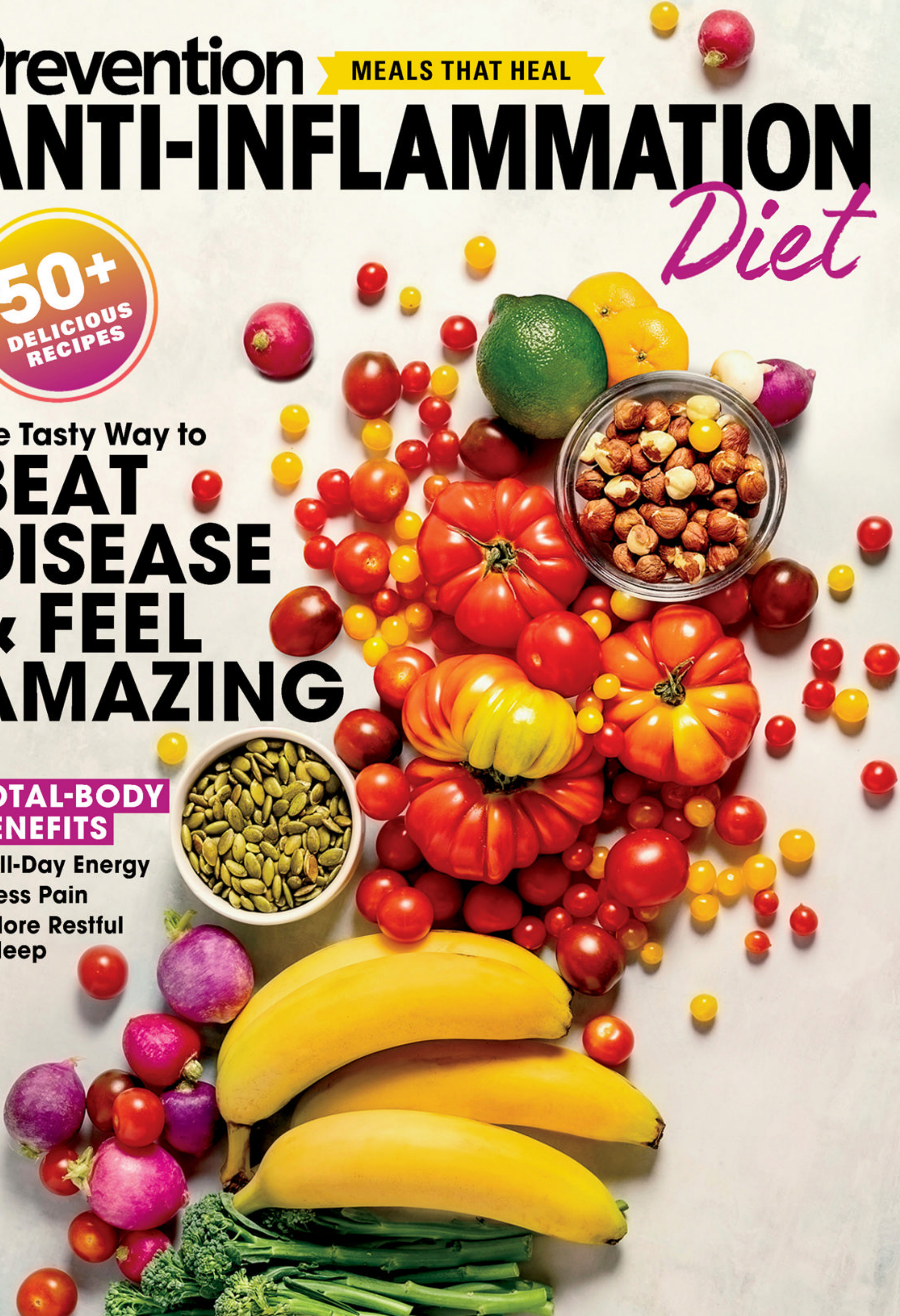
50+ DELICIOUS RECIPES

The Tasty Way to

BEAT DISEASE & FEEL AMAZING

TOTAL-BODY BENEFITS

- ✓ All-Day Energy
- ✓ Less Pain
- ✓ More Restful Sleep



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SECTION 1

THE TRUTH ABOUT INFLAMMATION

Discover the lifestyle habits that trigger the immune system to wreak havoc on your body.

Inflammation, Decoded

Typically driven by your lifestyle, chronic inflammation can lead to long-term health problems.

What Is Inflammation Anyway?

Inflammation is the body's response to an irritant—anything from a germ to a toxin to a foreign object (like a splinter). You may have heard that inflammation is bad, and it can be when it goes on for too long. But in brief spurts, inflammation plays a role in helping your body heal from trauma or illness.

Think about the last time you had a cut or scrape. Once your skin is broken, it becomes flooded with bacteria that can potentially make you sick. The presence of these foreign invaders signals the immune system to launch an attack, triggering the inflammatory process. Fresh blood and nutrients are ferried to the wound, causing it to become red, warm, painful, and swollen. Sure, it's a little uncomfortable. But within a few days, the wound has started to heal. A serious infection has been averted, thanks to inflammation!

YOGA MAY SOOTHE INFLAMMATION BY HELPING YOU TO REDUCE STRESS.

Regular exercise, hydration, and stress management can all help to keep inflammation in check.

This type of short-term inflammation is called acute inflammation, and you need it to stay healthy.

Problems occur, however, when inflammation is chronic, or ongoing.

Inflammation that continues for longer than it should can damage healthy tissue, organs, and bodily systems. Things get worse when it's left unchecked for long stretches: Over time, chronic inflammation can lead to type 2 diabetes, rheumatoid arthritis, atherosclerosis (the hardening of artery walls from plaque buildup), and cardiovascular disease.

The Subtle Signs of Chronic Inflammation

Being free of diabetes and other diseases doesn't mean you're free from inflammation. You can't see inflammation, but it can show up as:

- ***Fatigue***
- ***Brain fog***
- ***Digestive problems***
- ***Skin rashes***
- ***Muscle aches***
- ***Frequent colds that fail to resolve quickly***

What's more, the alarm bells of chronic inflammation tend to chime louder with time. The longer the body stays in a high-inflammation state, the bigger—and more obvious—the toll can become. That's because the effects of inflammation are cumulative. The damages caused over years or decades may eventually lead to serious health issues that can affect your quality of life as well as your longevity. There's good news, though: Because inflammation's effects are slow to add up, there's almost always a chance to halt them in their tracks—or even reverse them.

THE TOP INFLAMMATION TRIGGERS

Chronic inflammation—the kind that can lead to long-term health problems—is typically driven by your lifestyle. Here are some of the biggest offenders.

Diet

Eating foods that are high in refined carbohydrates or ones that are highly processed (think white bread, cookies, chips, or sugary drinks) on a regular basis can trigger the inflammatory process. The good news? Adding more whole, minimally processed foods to your diet (like fresh fruits and veggies) can have a protective effect.

Chronic Stress

Stress signals the release of hormones like cortisol, which activate the body's fight-or-flight response and turn on inflammatory activity. Developing a daily routine to tame the tension is also another way to combat inflammation. Morning meditation or journaling, anyone?

Poor Sleep

Consistently logging too few z's can also kick the inflammatory process into high gear. What's more, research suggests that women's bodies may be particularly prone to these effects.

Sedentary Lifestyle

Physical inactivity has been shown to keep the body in a state of low-grade inflammation while regular exercise is tied to reduced levels of inflammatory messengers in the blood.

Excess Body Fat

Fat tissue signals the liver to release inflammatory compounds, which may be why obesity is tied to higher levels of chronic inflammation. Reaching a healthier weight can make a difference by reducing the number of inflammatory messengers in the blood. Prevention's Anti-Inflammatory Diet will help by filling you up on minimally processed whole foods.

Environmental Toxins

Research suggests that chronic exposure to certain chemicals or substances, including endocrine disruptors such as bisphenol-A (or BPA, found in some plastics), may contribute to heightened levels of inflammation.

FRUITS AND VEGGIES ARE LOADED WITH ANTIOXIDANTS, WHICH PROTECT CELLS FROM FREE RADICAL DAMAGE.

JUST 1½ HOURS OF LOST SLEEP PER NIGHT CAN INCREASE BODY-WIDE INFLAMMATION.

Sleep deprivation boosts inflammation, which, in turn, increases your risk of heart disease and diabetes.

SEEING THE BIG PICTURE

Solid nutrition and regular exercise are often touted as the cornerstones of good health. But they're really just a start: Achieving real wellness—and keeping your inflammation levels low—means consistently getting enough sleep and managing your stress too. It also involves addressing your environment—for instance, considering the products you put on your body and organizing your living space in a way that optimizes your time and energy.

There's no need to rearrange your entire life at once though. (That would be a recipe for inflammation-raising stress!) Consider building healthy habits in one area at a time before moving on to the next, starting with nutrition. After giving your meals a makeover, you can start thinking about ways to incorporate more movement into your day or taking steps to log the recommended seven to eight hours of sleep each night.

Why Is This the Best "Diet"?

"Diet" can definitely feel like a four-letter word, especially when you're thinking in terms of highly restrictive or hard-to-follow eating plans designed for speedy weight loss. (We're looking at you, keto diet!) An anti-inflammatory diet does not fit into that category. In fact, we prefer to think of it as a set of healthy, sustainable eating habits rather than a diet.

Our plan serves up specific meal ideas to help you get the hang of eating anti-inflammatory-style (and you can certainly repeat the recipes). But after that, you can take what you've learned and put that knowledge toward making healthy eating choices that work for you. If that sounds a lot more doable than complicated meal plans, we wholeheartedly agree!

There's plenty more that sets our eating plan apart from other diets. An anti-inflammatory eating style:

Is evidence based

Decades' worth of research has shown that many whole, minimally processed foods have anti-inflammatory properties that can support health. And when eaten regularly, these foods can lead to a reduced risk for chronic diseases.

Adds instead of restricts

Anti-inflammatory eating simply means including foods in your diet that reduce inflammation. When you do that, there will naturally be less room for foods that do the opposite.

Aims to improve health, not help with weight loss

The goal of anti-inflammatory eating is to choose foods that will nourish and protect your body. If the scale happens to nudge downward—and it very well may—that's great too! You may find that you shed some weight because you're filling your plate with more whole foods and eating fewer of the processed kind. But it's not the end-all, be-all.

Includes fun foods

Even pro-inflammatory foods like chocolate chip cookies or pizza don't have to be entirely off-limits. You can enjoy the occasional candy bar or bakery muffin as long as you pair it with healthy fat, protein, and fiber to minimize the effects on your blood sugar.

Fits your lifestyle and honors your food culture and traditions

You can choose anti-inflammatory foods at restaurants or dinner parties. You can tweak family recipes to include more inflammation-fighting ingredients. In short, you don't have to change your life to eat this way.

Can be done for life

Sure, most of us could go without carbs or sugar for a few days. But at some point, a dinner party or a holiday or a vacation will come up—or you just get sick of feeling deprived. Because anti-inflammatory eating is easy and flexible, you can stick with it for the long haul.

HEALTHY FATS FROM AVOCADOS, NUTS, AND FISH DO MORE THAN DRIVE DOWN INFLAMMATION. THEY ALSO MAKE MEALS DELICIOUSLY SATISFYING.

Seven Incredible Benefits of Anti-Inflammatory Eating

You'll experience a total-body transformation.

If you're feeling a little anxious after reading about the many dangers of unchecked body-wide inflammation, it's time to put your mind at ease.

Yes, it's true that chronic inflammation can raise your risk for type 2 diabetes, rheumatoid arthritis, atherosclerosis (hardening of the arteries), and heart disease.

Yet it's also true that following an anti-inflammatory diet can reverse chronic inflammation. Not only can you reduce your risk for the diseases we just mentioned, but you'll also boost your chances of experiencing the following benefits.

LEARN WHAT HAPPENS TO YOUR BODY WHEN YOU FILL YOUR PLATE WITH ANTI-INFLAMMATORY FOODS.

1

Easier Weight Loss

People who followed an anti-inflammatory diet lost more weight than did participants who followed a different calorie-controlled nutrition plan. The anti-inflammatory diet's effectiveness may stem from how it improves the distribution of beneficial gut bacteria.

2

Fewer GI Woes

Anti-inflammatory eating helps to adjust the distribution of gut bacteria for the better, reducing the microbial dysbiosis that's thought to play a role in chronic gas, bloating, and other GI problems.

3

All-Day Energy

After following an anti-inflammatory diet for three months, breast cancer survivors improved their fatigue levels by 44% compared to a control group that only improved by 8%.

4

Improved Mood

People who consume diets rich in pro-inflammatory foods are more likely to suffer from depression. The worse the inflammation, the more poorly they respond to antidepressants.

On the flip side, however, is this: People who consume anti-inflammatory foods are less likely to develop depression in the first place.

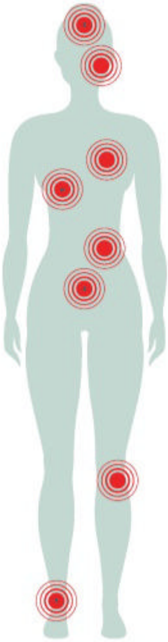
BECAUSE INFLAMMATION'S EFFECTS ARE SLOW TO ADD UP, THERE'S ALMOST ALWAYS A CHANCE TO HALT THEM IN THEIR TRACKS.

GET REAL, LASTING RELIEF.

5

Less Pain

On our plan, you'll use curcumin (a component in curry) to flavor some of your meals. This spice has been shown to reduce the severity of tendonitis, among other painful conditions



ANTI-INFLAMMATORY EATING IMPROVES WELL-BEING—FROM HEAD TO TOE.

6

Restful Sleep

Inflammation seems to interfere with the body's circadian clock, which can affect your sleep-wake cycle, making it difficult to fall and stay asleep. On the other hand, anti-inflammatory eating may improve sleep quality.

7

Mental Clarity

The nutrients from fruits and vegetables have been shown to suppress inflammation in the brain, potentially reducing risk for memory loss and other cognitive problems associated with aging. On top of that, anti-inflammatory diets have been shown to improve GI health, which in turn, boosts brain health.

Your Anti-Inflammatory Diet Plan

Use the 80-20 rule to transform your health and well-being—without deprivation.

Anti-inflammatory foods are delicious and satisfying. But...there's a good chance that at least a few of your favorites fall on the proinflammatory list. So how can you incorporate some of those proinflammatory foods (which, yes, taste really good!) into your diet without negatively impacting your health?

At *Prevention*, we're big believers in the 80-20 rule: 80% of the time, base your eating pattern around foods that have anti-inflammatory properties. The other 20% of the time, enjoy fun foods, even if they promote inflammation.

Here's why it works: All-or-nothing food mindsets are hard to stick with! So instead of saying, "I can't eat that," you can say, "I can eat part of it today and have some leftovers tomorrow." Sounds a lot more doable, right?

Following the 80-20 rule gives you some wiggle room to enjoy treats every day, like a serving of chips with your lunch or a small bowl of ice cream after dinner. In fact, allowing yourself to enjoy fun foods on a regular basis helps you avoid that diet-y, deprivation mindset.

Keep in mind that it's often possible to reduce or diminish a treat's inflammatory effects by pairing it with an inflammation soother, as the upcoming chart explains.

THE PFF PRINCIPLE

Pairing fun foods with PFF—that's protein, healthy fats, and fiber—will keep your blood sugar stable, and in turn, keep inflammation in check. In practice, that might look like one of these combos.

ALONG WITH

White Pasta

Hamburger on White Bun

Canned Fruit in Syrup

Chocolate Chip Cookie

TRY

Turkey meatballs
(protein)
+
garlicky
sautéed spinach
(fiber)

Oven-baked
sweet potato fries
or
green salad
(fiber)

Plain Greek yogurt
or cottage cheese
(protein)
rinse the fruit before
eating to remove some
of the sugary syrup

Low-fat milk
(protein)
+
a handful of nuts
(fiber and healthy fat)

FRIES, LUNCH MEAT, ICE CREAM, AND STEAK CAN ALL BE RICH IN SATURATED FATS, WHICH RAISES LDL ("BAD") CHOLESTEROL AND TRIGLYCERIDES WHILE LOWERING HDL ("GOOD") CHOLESTEROL.

ALONG WITH

French Fries

Lunch Meat

Ice Cream

Steak

TRY

Grilled chicken breast
(protein)
+
side of salad
(fiber)

Pair with
whole-grain bread
(fiber)
+
avocado
(healthy fat)

Fresh berries
(fiber)

Found in colorful plant foods like berries, polyphenols are micronutrients that act as powerful antioxidants with the capacity to prevent or reverse inflammatory damage.

Baked potato with skin
+
sautéed green beans
(fiber)
limit red meat to
twice a month

THE BEST (AND WORST) ANTI-INFLAMMATORY FOODS

Some foods have the power to prevent or thwart the inflammatory process and keep body-wide inflammation low, while others tend to open the floodgates for inflammatory markers and increase the risk for chronic inflammation. Here are the mainstays you'll want to put in the 80% column, along with the fun, proinflammatory foods to enjoy in moderation.

A SALAD IS A GREAT WAY TO SNEAK SEVERAL ANTI-INFLAMMATORY FOODS IN AT ONCE.

ANTI-INFLAMMATORY FOODS: EAT UP!

Unsaturated Oils and Seeds Healthy fats can inhibit proinflammatory enzymes. These include monounsaturated fatty acids as well as omega 3s. Good picks include olive, avocado, and flaxseed oils as well as flax, sesame, and pumpkin seeds.

Vegetables Carrots, kale, tomato, cabbage, bell peppers, Brussels sprouts, bok choy, cauliflower, and broccoli pack a big antioxidant punch to protect cells from free radical damage.

Fruits Berries, apples, citrus, cherries, and pomegranates are polyphenol-packed. They also serve up fiber to help the body efficiently remove toxins and support immune health by feeding good bacteria in the gut.

Whole Grains Pick whole-wheat bread or pasta, brown rice, quinoa, barley, or oatmeal over refined grains whenever possible. Whole-grain foods are fiber-rich, so they won't spike your blood sugar. And since they haven't been stripped of their nutrients, they offer key vitamins and minerals that you won't get from refined carbs.

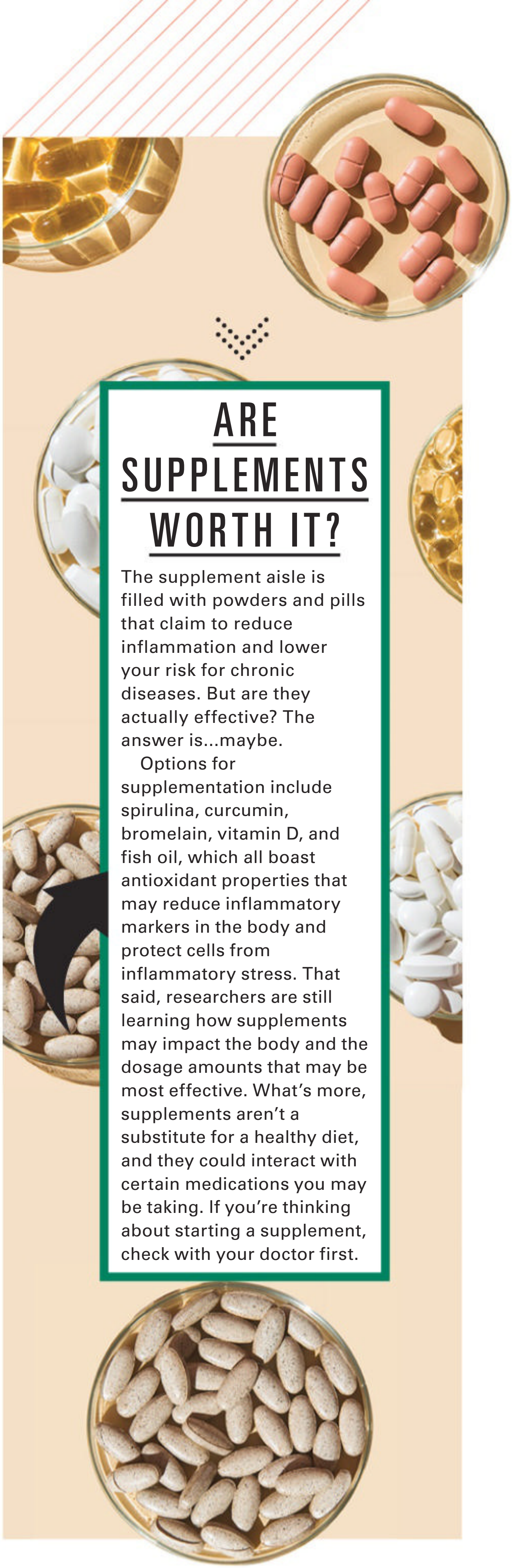
Tea and Coffee These sippers are rich in antioxidants that may protect against cellular damage. Just limit the extras like added sugar or high-fat creamers.

Water Plain-old H_2O helps you stay hydrated, allowing your body to effectively flush out toxins.

Supplements Spirulina, curcumin, bromelain, vitamin D, and fish oils can all reduce inflammation. These supplements provide a powerhouse of antioxidant properties, reducing inflammatory markers in the body and protecting cells from oxidative stress.

Lean Protein Lean poultry, fatty fish, low-fat dairy, eggs, beans, and soy foods like tofu and tempeh support stable blood sugar levels and keep you fuller longer. Fatty fish like salmon, mackerel, tuna, herring, and sardines have the added benefit of omega-3s. You'll get an extra helping of phytonutrients from plant proteins like beans or soy too.

Herbs, Spices, and Condiments Flavor enhancers such as black pepper, rosemary, turmeric, ginger, saffron, cinnamon, and garlic are rich in inflammation-fighting polyphenols. That's also true for condiments like fiery harissa paste or herb-infused chimichurri sauce or pesto—the olive oil base delivers a dose of healthy fats.



ARE SUPPLEMENTS WORTH IT?

The supplement aisle is filled with powders and pills that claim to reduce inflammation and lower your risk for chronic diseases. But are they actually effective? The answer is...maybe.

Options for supplementation include spirulina, curcumin, bromelain, vitamin D, and fish oil, which all boast antioxidant properties that may reduce inflammatory markers in the body and protect cells from inflammatory stress. That said, researchers are still learning how supplements may impact the body and the dosage amounts that may be most effective. What's more, supplements aren't a substitute for a healthy diet, and they could interact with certain medications you may be taking. If you're thinking about starting a supplement, check with your doctor first.

INFLAMMATION TRIGGERS: BE MINDFUL

Foods Rich in Saturated Fats Fatty meats, full-fat dairy, baked goods, fried foods, and packaged snacks tend to be high in saturated fats, which raise LDL ("bad") cholesterol and triglycerides while lowering HDL ("good") cholesterol. Over time, this can increase the risk for a heart attack or stroke.

Refined Carbohydrates We're talking white rice, white bread, white pasta, baked goods, and added sugars (including table sugar, honey, and maple syrup). Refined carbs are broken down quickly by the body, triggering a rapid blood sugar spike that increases inflammation.

Processed Meats In addition to being high in saturated fat, foods like bacon, sausage, cold cuts, and charcuterie contain preservatives such as nitrates, which can raise levels of inflammation and may contribute to an increased risk for cancer.

Charred Meats High-heat cooking methods like frying, smoking, or grilling can cause animal proteins (including meat, poultry, and seafood) to develop carcinogenic compounds such as polycyclic aromatic hydrocarbons (PAHs) and heterocyclic amines (HCAs). These compounds are tied to an increased risk of cancers, including colon, breast, and prostate cancers.

Trans Fats We said that no foods are off-limits on an anti-inflammatory diet, but the truth is, there is one important exception. Trans fats, also called partially hydrogenated oils, are fats that have been chemically altered to stay solid at room temperature. They're often added to packaged or processed foods like margarine, fried foods, baked goods, coffee creamer, microwave popcorn, potato chips, and store-bought baked goods. Trans fats significantly raise inflammation and increase the risk for heart disease, and experts agree that it's best to steer clear of these as much as possible.

Sweetened Beverages Soft drinks, juices, hot chocolate, and coffee drinks loaded with syrup and whipped cream are high in added sugar (and offer little, if any, nutrition). They can ramp up inflammation—and consumption of these treats has been tied to obesity and elevated levels of LDL cholesterol.

RICH IN MONOUNSATURATED FAT, AVOCADO TOAST IS A GREAT ON-THE-GO BREAKFAST OPTION.

→ Every single one of the recipes in Section Two is centered around core nutrition principles proven to help decrease inflammation. As you work your way through them, we suggest you:

1 Have a protein-forward breakfast (15 to 30 g protein) to stabilize your blood sugar in the morning and reduce midday cravings.

2 Eat every 3 to 5 hours to keep your blood sugar stable.

3 Include 8 to 10 g fiber at each meal to increase satiety, support gut health, and remove excess cholesterol and toxins from your body.

4 Eat at least two servings of fish per week to boost omega-3 consumption.

5 Follow the 80-20 rule so you don't feel deprived. That means choosing nourishing, anti-inflammatory foods at most meals and snacks, while also allowing yourself to enjoy inflammatory foods in small servings most days. Remember to pair proinflammatory foods with protein, fat, and fiber (PFF) to support steady blood sugar, which prevents excess inflammation.

As you incorporate more recipes, also consider how you can begin to incorporate other anti-inflammatory habits into your day. Drink plenty of water, make time for physical activity, and try to get enough sleep. If you're struggling in the stress management department, consider strategies that could help you tame the tension and regain a sense of calm.

No Time to Follow a Recipe? No Problem!

This time-saving hack helps you pull together anti-inflammatory meals in a flash.

Let's face it: Recipes are wonderful—providing you with so many answers to the all-too-pervasive question, "What's for dinner?"

That's why we made sure to include 50-plus of them in this plan.

Despite that, we know few people want to follow a recipe for every single meal during every single day of the week.

On those days when you've got "I don't feel like cooking hard things" vibes, this nifty hack can help. Here, you'll discover a five-step formula that makes cooking inflammation-soothing meals as easy as assembling a tuna fish sandwich.

EACH ANTI-INFLAMMATORY BOWL REQUIRES JUST FOUR STEPS TO PREPARE.

STEP 1

Ace Your Base

Start with whole grains or leafy greens like peppery arugula, which provides freshness, crunch, and a dose of vitamin K. If you're hungry for something heartier, chewy, nutty farro (or another grain) offers a filling start with a hit of fiber. **Pro tip:** Prep a batch of longer-cooking grains—like wild rice or wheat berries—ahead of time, then cool and refrigerate in an airtight container for up to five days.

Bowls are a great way to use up leftovers such as last night's salad or rice.

ROASTED CHICKEN BOWL

Arugula
+
Roasted Chicken
+
Sliced Cherry Tomatoes
+
Slaw
+
Pickled Onions

STEP 2

Pick a Protein

Key to increasing muscle mass and strength, this element of your meal will also help fill you up. Keep a few fast recipes up your sleeve to transform any plain protein into a flavorful main. For example, add warm spices to lean chicken breast or crisp up tofu in a pan for craveable crunch. Here are four quick options.

HOISIN SALMON

Season **four 4-oz skinless salmon fillets** with **¼ tsp each salt and pepper.** Brush each with **1 Tbsp hoisin sauce** to coat. On foil-lined baking sheet, broil until opaque throughout, 2 to 3 min. per side.

CILANTRO LIME BLACK BEANS

In small saucepan on medium, warm **one 15-oz can black beans** (rinsed) with **½ tsp each ground cumin and salt.** Add **¼ cup chopped cilantro** and **2 Tbsp fresh lime juice.**

CRISPY SPICED TOFU

Slice **14-oz extra-firm tofu** ¼-in. thick. Place between paper towels; top with baking sheet and large cans or other weights; let sit 10 min. Toss with **3 Tbsp cornstarch, ½ tsp paprika**, and **¼ tsp cayenne.** Heat **2 Tbsp vegetable oil** in large skillet on medium-high. Add tofu and cook until deep golden brown, 2 to 3 min. per side. Transfer to paper towel–lined plate and season with **¼ tsp each salt and pepper.**

MOROCCAN CHICKEN

Combine **1 tsp sweet paprika, ½ tsp each ground cumin and cinnamon, ¼ tsp each salt and pepper**, and a **pinch of red pepper flakes.** Rub onto **four 5-oz boneless, skinless chicken breasts.** Heat **1 Tbsp olive oil** in large skillet on medium. Cook chicken breasts until golden brown, 2 to 3 min. per side. Transfer to oven and roast at 425°F until just cooked through, 9 to 11 min.

STEP 3

Add Some Veggies

Choose a mix of cooked and raw vegetables for textural contrast and a variety of vitamins and minerals. Hearty options like sweet potatoes, kale, and broccoli make excellent leftovers too. Here, we show you quick and easy ways to cook them.

MAPLE-CHILI SWEET POTATOES

Whisk together **2 Tbsp each olive oil and maple syrup, 1 tsp chili powder,** and **¼ tsp each cayenne and salt.** Toss with **2 medium sweet potatoes** (cut into ½-in. chunks). Roast on rimmed baking sheet at 425°F until golden brown and tender, stirring halfway through, 35 to 40 min.

MARINATED MUSHROOMS

Whisk together **2 Tbsp each balsamic vinegar and olive oil, 1 Tbsp Dijon mustard,** and **¼ tsp each salt and pepper.** Toss with **1 lb cremini mushrooms** (halved or quartered if large). Roast on rimmed baking sheet at 425°F until liquid has evaporated, 20 min.

GARLICKY KALE

Heat **2 Tbsp olive oil** in large skillet on medium and cook **2 large cloves garlic** (finely chopped) until golden brown, 1 min. Add **1 large bunch kale** (stemmed and chopped) a handful at a time, tossing until wilted before adding more. Season with **¼ tsp each salt and pepper** and cook until just tender, 3 to 4 min.

SWEET 'N' TANGY SLAW

Whisk together **2 Tbsp cider vinegar, 1 Tbsp honey**, and **¼ tsp each salt and pepper**. Toss with **½ large head red cabbage** (cored and shredded). Let sit, tossing occasionally, at least 10 min. or refrigerate up to 3 days.

IN ADDITION TO ADDING THEM TO BOWLS, USE CHOPPED MUSHROOMS TO REPLACE SOME OF THE MEAT IN TACOS, BURGERS, AND OTHER GROUND MEAT DISHES.

TOMATO SALAD

Toss **1 pint cherry tomatoes** (halved) with **1 Tbsp olive oil, 1 sliced scallion**, and **a pinch each of salt and pepper.**

HONEY MUSTARD BROCCOLI

On rimmed baking sheet lined with nonstick foil, toss **2 large heads broccoli** (cut into small florets) with **2 Tbsp each honey mustard and olive oil** and **½ tsp salt.** Roast at 425°F, tossing once, until tender and charred in spots, 25 to 30 min.

STEP 4

Spoon On Sauce

Whether you're in the mood for a briny, creamy, tangy, or slightly spicy flavor, these tasty drizzles will bring the whole bowl together.

MEDITERRANEAN OLIVE SAUCE

In blender, puree **1 cup pitted olives, ¼ cup olive oil, 2 Tbsp fresh lemon juice, 1 tsp Dijon mustard, ¼ cup parsley, 2 cloves garlic**, and **¼ tsp red pepper flakes** until nearly smooth.

SRIRACHA-HONEY VINAIGRETTE

Whisk together **2 Tbsp each cider vinegar and olive oil, 1 Tbsp sriracha, 1 tsp honey**, and **¼ tsp salt**.

CILANTRO-LIME YOGURT

In blender, puree **1 jalapeño** (seeded and chopped), **1 cup Greek yogurt, ½ cup cilantro, 2 Tbsp fresh lime juice**, and **¼ tsp each ground cumin and salt** until very smooth.

ROMESCO SAUCE

In food processor, pulse **1 cup roasted red peppers, ½ cup (packed) parsley, ¼ cup roasted salted almonds**, and **a pinch salt** until almost smooth.

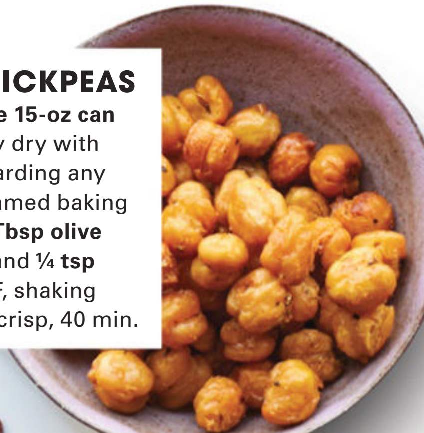
STEP 5

Top It Off

Give your bowl some final flair with vibrant toppers that also add a burst of nutrients such as fiber, healthy fat, or a little extra protein.

SESAME CUCUMBERS

Whisk together **2 Tbsp rice vinegar, 2 tsp sesame oil, 1 tsp sugar**, and **a pinch salt**. Toss with **1 medium seedless cucumber** (very thinly sliced). Refrigerate 10 min. or up to 3 days.



CRISPY CHICKPEAS

Drain and rinse **one 15-oz can chickpeas;** pat very dry with paper towels, discarding any loose skins. On rimmed baking sheet, toss with **1 Tbsp olive oil, ½ tsp pepper,** and **¼ tsp salt**. Roast at 425°F, shaking occasionally, until crisp, 40 min.

PARMESAN-PARSLEY CRUMBS

Heat **1 Tbsp olive oil** in small skillet on medium-low. Add **½ cup panko** and toast, stirring, until golden brown, about 3 min. Transfer to small bowl and add **2 Tbsp each finely chopped parsley and grated Parmesan**.

SMOKY ALMONDS

Toss ½ **cup roasted almonds** (roughly chopped) with **1 Tbsp olive oil** to coat, then add ½ **tsp smoked paprika**. Cook in medium skillet on medium, tossing frequently, until golden brown, 3 to 5 min.

QUICK PICKLED ONIONS

Whisk together **2 Tbsp red wine vinegar** and **a pinch each sugar and salt**. Toss with **1 small red onion** (thinly sliced). Let sit, tossing occasionally, at least 20 min. or refrigerate up to 3 days.

CRISPY CHICKPEA BOWL

Farro
+
Garlicky Kale
+
Sliced Cherry Tomatoes
+
Romesco Sauce
+
Crispy Chickpeas
+
Avocado

SECTION 2

ANTI-INFLAMMATORY RECIPES THAT HEAL

Delicious ideas for busy weeknights, leisurely weekends, and everything in between.

Energizing Breakfasts

Wake up to yum.

BAKED PUMPKIN OATMEAL

Make this sweet and savory dish on Sunday, then microwave a scoop or two for quick weekday meals (it keeps four days in the fridge).

ACTIVE **15 MIN.**
TOTAL **1 HR. PLUS COOLING**
SERVES **8**

4 cups old-fashioned rolled oats
2 tsp baking powder
2 tsp pumpkin pie spice
½ tsp kosher salt
⅔ cup raw pepitas, divided
4 large eggs
1 15-oz can pure pumpkin puree
1¾ cups cashew milk
⅓ cup pure maple syrup
6 Tbsp extra virgin olive oil, plus more for dish
1 Tbsp plus 1 tsp grated fresh ginger
1 Tbsp pure vanilla extract
3 ripe but firm Anjou pears, cut into ½-in. pieces

1. Heat oven to 375°F. In bowl, mix oats, baking powder, pumpkin pie spice, salt, and ⅓ cup pepitas.
2. In large bowl, beat eggs, then mix in pumpkin, milk, syrup, oil, ginger, and vanilla. Add dry ingredients to bowl and mix until just combined.
3. Lightly oil 9-by-13-in. baking dish and scatter all but 1 cup pears on bottom. Spread batter on top, then sprinkle with remaining pears, pressing them in slightly.
4. Sprinkle with remaining ⅓ cup pepitas and bake until fully set and edges begin to brown, 40 to 50 min. Let cool 5 min. before serving.

***PER SERVING** 478 cal, 13 g pro, 54 g carb, 8 g fiber, 18 g sugars (8 g added sugars), 24 g fat (4.5 g sat fat), 93 mg chol, 319 mg sodium*

FIBER FIX

The fiber-ful trifecta of skin-on pears, canned pumpkin, and oats slows down carb digestion, which helps to control blood sugar levels and supports sustained energy all morning.

VEGGIE-LOADED CHICKPEA WAFFLES

Found: Waffles that don’t make you want to take a nap mid-morning (and actually keep you full). Just trade the white flour for protein- and fiber-filled chickpea flour.

ACTIVE **10 MIN.**
TOTAL **15 MIN.**
MAKES **8**

- **½ cup chickpea flour**
- **¼ tsp baking soda**
- **Kosher salt and pepper**
- **½ cup plain 2% Greek yogurt**
- **4 large eggs**
- **2 scallions, finely chopped**
- **1 cup baby spinach, roughly chopped**
- **½ small red pepper, cut into thin pieces**
- **3 Tbsp grated Pecorino Romano cheese**

Here fiber-rich chickpea flour replaces the refined white flour typically used to make waffles.

1. Heat oven to 200°F. Set a wire rack over a rimmed baking sheet and place in oven. Heat waffle iron per directions.
2. In a large bowl, whisk together chickpea flour, baking soda, and ¼ tsp salt. In a small bowl, whisk together yogurt and eggs. Stir wet ingredients into dry ingredients. Fold in scallions, spinach, red pepper, cheese, and ¼ tsp pepper.
3. Lightly coat waffle iron with nonstick cooking spray and, in batches, drop ¼ cup batter into each section of iron and cook until golden brown, 4 to 5 min. Transfer to rack in oven and keep warm. Repeat with remaining batter.

PER SERVING *81 cal, 6 g pro, 5 g carb, 1 g fiber, 2 g sugars (0 g added sugars), 4 g fat (1.5 g sat fat), 95 mg chol, 180 mg sodium*

MANGO-COCONUT CHIA PUDDING

Loaded with omega-3s (thanks, chia seeds!), this creamy, no-cook pudding makes it easy to fill up on inflammation-fighting fats first thing in the morning.

ACTIVE **12 MIN.**
TOTAL **1 HR. 12 MIN. PLUS CHILLING**
SERVES **4**

- **1 13.5-oz can light coconut milk**
- **⅓ cup white chia seeds**
- **2 Tbsp honey**
- **1 tsp pure vanilla extract**
- **1 mango, peeled, pitted, and diced**
- **1 cup strawberries, diced**
- **¼ cup sliced almonds**
- **4 tsp coconut flakes**

1. In a pint-size measuring cup, combine coconut milk, chia seeds, honey, and vanilla. Stir until combined, then refrigerate for 1 hr.

2. Layer fruit over pudding. Top with a spoonful of strawberries, sliced almonds, and a sprinkle of coconut.

PER SERVING *273 cal, 7 g pro, 33 g carb, 7 g fiber, 24 g sugars (9 g added sugars), 14 g fat (7 g sat fat), 0 mg chol, 10 mg sodium*

An anti-inflammatory star, chia seeds are the richest plant source of omega-3 fatty acids.

SWEET & STRONG

The berries and pomegranate arils are bursting with anthocyanins—potent antioxidants that lend them their color and may prevent brain cell damage.

POWERHOUSE YOGURT PARFAITS

Layer protein-rich chia jam with creamy yogurt for a filling, nutrient-packed morning meal.

ACTIVE **10 MIN.**
TOTAL **15 MIN. PLUS CHILLING**
SERVES **4**

- **1 cup pomegranate juice**
- **⅓ cup chia seeds**
- **2 Tbsp honey**
- **4 cups nonfat plain Greek yogurt**
- **6 oz blueberries**
- **6 oz raspberries**
- **½ cup pomegranate seeds (arils)**
- **¼ cup toasted almonds**

MAKE THE JAM
In small saucepan, combine pomegranate juice, chia seeds, and honey and bring to a boil. Reduce heat to medium-low and cook, stirring occasionally, 3 min. Remove from heat, let cool 10 min., then refrigerate until set, about 2 hr.

BUILD THE PARFAIT
Working with four 6- to 8-oz. jars, cups, or glasses, evenly layer yogurt, chia jam, berries, and pomegranate seeds. (Can be refrigerated up to 3 days.) Top with almonds just before serving.

PER SERVING *379 cal, 28 g pro, 49 g carb, 10 g fiber, 33.5 g sugars (8.5 g added sugars), 9.5 g fat (1 g sat fat), 11 mg chol, 85 mg sodium*

In addition to reducing inflammation, pomegranates may help lower levels of the "bad" LDL cholesterol.

With protein, vitamins, and healthy fats, eggs are a breakfast powerhouse.

NICE NUTRIENTS

Eggs are one of the few natural food sources of vitamin D, which promotes bone health and may even help reduce hypertension.

MINT-PESTO BAKED EGGS

The pesto offers an antioxidant punch.

ACTIVE **25 MIN.**
TOTAL **40 MIN.**
SERVES **6**

1 cup packed fresh cilantro leaves
½ cup packed fresh mint leaves
½ cup shelled pistachios
2 jalapeños, seeded and chopped
2 Tbsp lemon juice
1 clove garlic
Kosher salt
½ cup olive oil
6 Tbsp half and half
12 large eggs
Toast, for serving

1. Heat oven to 425°F. Oil six 10- to 12-oz. ramekins; place on rimmed baking sheet.

2. In food processor, pulse cilantro, mint, pistachios, jalapeños, lemon juice, garlic, and ½ tsp salt until finely chopped, stopping and scraping occasionally. Pulse in oil to combine.

3. To each ramekin, add 1 Tbsp half and half and 2 eggs; top with 1 Tbsp pesto. Bake until whites are set but yolks are still runny, 12 to 15 min. Serve with remaining pesto and toast if desired.

PER SERVING *390 cal, 16 g pro, 6 g carb, 2 g fiber, 2 g sugars (0 g added sugars), 35 g fat (7.5 g sat fat), 377 mg chol, 318 mg sodium*

AVOCADO AND SARDINE TOAST

The famous tinned fish has never been so delicious (and it's great for your heart too!).

TOTAL **5 MIN.**
SERVES **1**

1 small avocado, halved
2 thick slices sourdough bread, toasted
1 lemon
Kosher salt
½ 3.75- to 4.5-oz can sardines, drained and halved
Red pepper flakes

Scoop avocado out onto toast and mash. Zest lemon on top and sprinkle with a pinch of salt. Top with sardines and sprinkle with red pepper flakes.

PER SERVING *589 cal, 24 g pro, 57 g carb, 12 g fiber, 5 g sugars (0 g added sugars), 31.5 g fat (6.5 g sat fat), 20 mg chol, 865 mg sodium*

If you prefer, swap fresh multigrain or rye bread for the sourdough.

IMMUNITY BOOST

Sardines are a good source of inflammation-soothing omega-3s—plus, avocados bring healing monounsaturated fats.

TEFF POLENTA

ACTIVE **25 MIN.**
TOTAL **25 MIN.**
SERVES **4**

1. In medium saucepan, bring **1½ cups each cashew milk and water, 1 clove garlic** (grated), and **1 tsp vegetable bouillon base** (we used Better Than Bouillon) to a boil.
2. Whisk in **1 cup teff**. Simmer, covered, whisking occasionally, until tender, 15 to 20 min.
3. If necessary, whisk in an additional **¼ cup water**, then **½ cup Parmesan** (grated). Serve topped with **3 Tbsp flatleaf parsley** (chopped) and **freshly cracked black pepper**.

PER SERVING *271 cal, 11 g pro, 40 g carb, 4 g fiber, 1.5 g sugars (0.5 g added sugars), 7.5 g fat (2.5 g sat fat), 9 mg chol, 406 mg sodium*

For an anti-inflammatory boost, top it with sliced fruit or sautéed greens.

TEFF

This naturally gluten-free whole grain has a balance of protein and carbohydrates. Plus, it's high in fiber, which stabilizes blood sugar, along with magnesium, a mineral involved in energy production. Look for it in your supermarket's grain aisle or online.

PLANTAIN HASH WITH EGGS

ACTIVE **15 MIN.**
TOTAL **15 MIN.**
SERVES **4**

1. Heat **4 tsp canola oil** in large nonstick skillet on medium.
2. Add **4 ripe plantains** (yellow with considerable black spots; cut into ½-in. pieces) and cook, tossing occasionally, until golden brown, 3 to 4 min.
3. Add **1 small red onion** (chopped) and **1 large jalapeño** (finely chopped), **1¼ tsp Tajín, 1 tsp ground cumin**, and **¾ tsp smoked paprika** and cook, tossing, 2 min.
4. Toss with **⅓ cup cilantro leaves** (chopped). Serve with sunny-side-up **eggs**.

PER SERVING *454 cal, 15 g pro, 60 g carb, 5 g fiber, 28 g sugars (0 g added sugars), 19 g fat (4.5 g sat fat), 369 mg chol, 431 mg sodium*

PLANTAINS

Fiber, natural sugars, and carbohydrates bring energy to the plate, says Anna Rios, R.D.N., a plant-based dietitian and blogger at Healthy Simple Yum. Carbs are broken down into glucose, which acts as the primary source of fuel for the brain and muscles, and the fiber helps slow absorption to keep energy stable.

Ultra-Satisfying Lunches & Dinners

Choose from quick, no-fuss options, elaborate meals, and everything in between.

CHOPPED EGG SALAD TOAST

No mayo? No problem. This punchy egg salad uses Greek yogurt for creamy richness that comes with a protein boost.

ACTIVE **10 MIN.**
TOTAL **10 MIN.**
SERVES **4**

- **3 Tbsp plain Greek yogurt**
- **½ tsp grated lemon zest**
- **1 Tbsp lemon juice**
- **¼ tsp salt**
- **¼ tsp pepper, plus more for serving**
- **4 large hard-boiled eggs, peeled and roughly chopped**
- **¼ small red onion, finely chopped**
- **1 heaping Tbsp capers, chopped**
- **1 Tbsp chopped dill, plus more for serving**
- **4 pieces pumpernickel toast**

1. In bowl, whisk together Greek yogurt, zest, lemon juice, and salt and pepper.
2. Gently mix in eggs. Fold in red onion, capers, and dill.
3. Divide among pumpernickel slices and sprinkle with additional dill and cracked pepper.

PER SERVING *173 cal, 10 g pro, 17 g carb, 2 g fiber, 1.5 g sugars (0 g added sugars), 7 g fat (2 g sat fat), 188 mg chol, 427 mg sodium*

RED WINE RISOTTO WITH MUSHROOMS AND RADICCHIO

ACTIVE **20 MIN.**
TOTAL **1 HR.**
SERVES **4**

- **4½ Tbsp olive oil, divided**
- **1 medium onion, finely chopped**
- **2 cloves garlic, finely chopped**
- **1½ cups arborio rice**
- **¾ cup dry, low-tannin Italian red wine, such as Barbera d'Alba**
- **3½ cups low-sodium chicken broth**
- **Kosher salt and pepper**
- **½ cup freshly grated Parmesan, plus more for serving**
- **1½ lbs mixed mushrooms, trimmed, torn, and sliced**
- **1 medium head radicchio, cored and sliced**
- **1 Tbsp balsamic vinegar**
- **1 tsp lemon zest plus**
- **1 tsp lemon juice**

1. Heat oven to 425°F. Heat 2 Tbsp oil in large saucepan on medium. Add onion and cook, covered, stirring occasionally, until tender, 6 to 8 min. Add garlic and cook, stirring, 2 min.
2. Add rice and cook, stirring, 1 min. Stir in wine and simmer, stirring occasionally, until wine is absorbed, 3 to 5 min.
3. Add broth and ¾ tsp salt and bring to a boil. Reduce heat and simmer until liquid is absorbed and rice is tender, 18 to 20 min. Stir in Parmesan.
4. Meanwhile, on large rimmed baking sheet, toss mushrooms with 1½ Tbsp oil and ¼ tsp each salt and pepper and roast, tossing once, until golden brown and tender, 18 to 22 min. Transfer to plate and heat broiler.
5. Toss radicchio with remaining 1 Tbsp oil and ¼ tsp salt, arrange on same baking sheet, and broil until beginning to brown, 3 min. Toss with vinegar and lemon zest and juice, then mushrooms, and serve over risotto. Sprinkle with additional Parmesan if desired.

PER SERVING *585 cal, 22 g pro, 84 g carb, 5 g fiber, 6 g sugars (0 g added sugars), 21.5 g fat (4 g sat fat), 9 mg chol, 866 mg sodium*

BARBERA D'ALBA

Round and robust, this medium-bodied Italian red is a versatile partner for creamy risotto (giving the rice a delicate violet tinge). The mellow tannins are essential for pairing with bracing, bitter ingredients.

CRUSHED BEETS WITH HAZELNUTS AND YOGURT

ACTIVE **10 MIN.**
TOTAL **1 HR. 30 MIN.**
SERVES **4**

Heat oven to 400°F. Wrap **4 medium (4- to 5-oz each) red beets** in foil, place on rimmed baking sheet, and roast, flipping package halfway through, until tender, 60 to 75 min. Let cool, then peel. Crush with fork and toss with **1 Tbsp olive oil** and **2 tsp lemon juice,** then **⅓ cup chives** (chopped), **½ tsp kosher salt**, and **¼ tsp black pepper**. Serve over **1 cup Greek yogurt** and top with **⅓ cup hazelnuts** (roasted and chopped).

PER SERVING *194 cal, 9 g pro, 14 g carb, 4 g fiber, 9.5 g sugars (0 g added sugars), 12.5 g fat (2.5 g sat fat), 8 mg chol, 337 mg sodium*

BEETS

These vibrant root veggies boast fiber and complex carbs as well as antioxidants—all important energy supporters. They also have plant compounds called betalains that help fight oxidative stress and prompt arteries to relax, promoting blood flow to the brain.

BLOOD ORANGE SHEET PAN CHICKEN

ACTIVE **15 MIN.**
TOTAL **55 MIN. PLUS MARINATING**
SERVES **4**

1. In large bowl, whisk together **¼ cup olive oil, 4 cloves garlic** (finely chopped), **2 tsp blood orange zest plus ¼ cup blood orange juice, 1 Tbsp fresh oregano leaves** (roughly chopped), **1½ tsp kosher salt**, and **1 tsp pepper**.

2. Add one **3½- to 4-lbs chicken** (cut into pieces; breasts halved) and toss to coat. Let marinate 45 min. to 2 hr. at room temp or up to 4 hr. in refrigerator.

3. Heat oven to 425°F. Cut **1 blood orange** into ¼-in.-thick slices and arrange 5 slices on large rimmed baking sheet.

4. Place chicken on top of orange slices, spaced out. Spoon remaining marinade all over chicken, tuck remaining orange slices and 4 sprigs oregano amid chicken, and roast 20 min.

5. Scatter **⅓ cup pitted kalamata olives** (halved) over chicken, rotate pan, and roast until chicken reaches 165°F, 10 to 15 min.

PER SERVING *629 cal, 52 g pro, 8 g carb, 1 g fiber, 4.5 g sugars (0 g added sugars), 42 g fat (9.5 g sat fat), 166 mg chol, 1,036 mg sodium*

BLOOD ORANGE

This vibrant citrus fruit is a good source of vitamin C and other antioxidants that help with prevention of chronic diseases such as heart disease and diabetes. Blood oranges are also high in anthocyanins, particularly powerful antioxidants that lend the fruit its color and may be associated with lower risk of heart disease.

COLORFUL QUINOA BOWLS

Tofu, quinoa, ginger, and a rainbow of assorted veggies come together in an Asian-inspired bowl that gives inflammation the boot.

ACTIVE **20 MIN.**
TOTAL **50 MIN.**
SERVES **4**

1¼ cups quinoa

6 Tbsp rice vinegar

¼ cup white miso

2 tsp grated fresh ginger

¼ cup plus 1½ Tbsp extra virgin olive oil, divided

14 oz firm tofu, pressed dry and cut into 1-in. cubes

1 large sweet potato, cut into 1-in. pieces

2 medium beets, cut into ½-in. wedges

¼ cup small red cabbage, very thinly sliced

1 cup snow peas, halved

1 cup cilantro

2 scallions, thinly sliced

1 Tbsp sesame seeds

1. Heat oven to 425°F. Cook quinoa per pkg. directions.
2. In a bowl, whisk vinegar, miso, ginger, and ¼ cup oil.
3. Brush 1 rimmed baking sheet with ½ Tbsp oil. In bowl, toss tofu with ¼ cup dressing to coat and place on oiled pan.
4. On second pan, toss sweet potato and beets with remaining Tbsp oil and ¼ tsp each salt and pepper. Transfer both pans to oven and roast until vegetables are golden brown and tender and tofu is golden brown and crisp, 25 to 30 min.
5. Divide quinoa among 4 bowls. Top with tofu, roasted vegetables, cabbage, peas, cilantro, scallions, sesame seeds, and drizzle with remaining dressing.

PER SERVING: *544 cal, 21 g pro, 66 g carb, 12 g fiber, 23 g fat (2 g sat fat), 13g sugars (0 g added sugars), 0 mg chol, 608 mg sodium*

PROTEIN POWERHOUSE

White fish like cod, tilapia, and halibut might seem like light bites, but each contains about 15 g of protein per 3-oz. fillet, which will leave you feeling fully satisfied.

GRILLED FISH TACOS WITH CHARRED PINEAPPLE SALSA

ACTIVE **20 MIN.**
TOTAL **20 MIN.**
SERVES **4**

- **3 Tbsp fresh lime juice**
- **½ small red onion, finely chopped**
- **1 jalapeño, thinly sliced**
- **Kosher salt and pepper**
- **¼ small pineapple, sliced into thick rings**
- **1¼ lbs skinless white fish fillets (cod or halibut)**
- **1 Tbsp olive oil**
- **¾ cup fresh cilantro leaves**
- **8 corn tortillas, charred**

1. In bowl, mix lime juice, onion, jalapeño, and ¼ tsp each salt and pepper.
2. Heat grill to medium-high. Grill pineapple until charred and beginning to soften, 2 to 3 min. per side.
3. Brush fish with oil, season with ¼ tsp each salt and pepper, and grill until lightly charred and opaque throughout, 2 to 5 min. per side (depending on the fish).
4. Cut pineapple into ½-in. pieces and toss with red onion mixture; fold in cilantro. Fill tortillas with fish and top with salsa.

PER SERVING *234 cal, 25 g pro, 23 g carb, 2 g fiber, 7 g sugars (0 g added sugars), 5.5 g fat (0.5 g sat fat), 54 mg chol, 324 mg sodium*

TURKEY AND GREENS SOUP

A handful of greens instantly ups this soup's inflammation-fighting power. Creamy white beans offer a double dose of protein and fiber too.

ACTIVE **10 MIN.**
TOTAL **25 MIN.**
SERVES **4**

1 Tbsp olive oil

1 Tbsp finely chopped fresh rosemary

1 small onion, diced

2 cups chopped kale

1 qt low-sodium chicken broth

2½ cups shredded cooked turkey

1 15.5-oz can white beans, rinsed and drained

Kosher salt and pepper

1. In a medium pot, heat oil over medium-high heat. Add rosemary and onion and cook until tender and fragrant, 5 min.
2. Add kale and cook until wilted, 2 min.
3. Stir in broth, turkey, and beans and bring to a simmer. Cook until heated through, 3 min. Season with salt and pepper.

***PER SERVING** 291 cal, 38 g pro, 22 g carb, 4 g fiber, 2 g sugars (0 g added sugars), 6 g fat (1 g sat fat), 88 mg chol, 375 mg sodium*

SALMON SALAD WITH GREEN GODDESS DRESSING

Salmon scores major anti-inflammatory points for being high in protein and rich in omega-3s. The dark leafy greens and sweet red tomatoes are antioxidant heavyweights.

ACTIVE **40 MIN.**
TOTAL **40 MIN.**
SERVES **4**

Kosher salt and pepper

1 8-oz pkg. green beans, trimmed

1 lb small new potatoes

1 Tbsp olive oil

1 1¼ lbs center-cut salmon fillet, about 1 in. thick, cut into 2 pieces

½ cup plain yogurt (not Greek)

¼ tsp fresh lemon juice

¼ cup flat-leaf parsley, plus more for serving

¼ cup fresh dill, plus more for serving

¼ cup chopped fresh chives, plus more for serving

1 Tbsp capers, drained

1 ripe avocado, halved

1 5-oz pkg. mixed greens

1 12-oz pkg. mixed-color grape or cherry tomatoes, halved

4 medium-boiled (jammy) eggs, halved

1. Bring a pot of water to a boil and fill a bowl with ice water. Add 2 tsp salt, then green beans, and cook until just tender, 2 to 4 min. Transfer to ice water.

2. Add potatoes to pot and simmer until just tender, 8 to 10 min. Drain and run under cold water to cool, then pat dry and cut in half.

3. Meanwhile, in a large skillet over medium-high heat, add oil. Season salmon with ½ tsp each salt and pepper and cook until golden brown and just opaque throughout, 6 to 9 min. per side. Transfer salmon to plate and, using fork, flake into pieces, discarding skin.

4. In blender, puree yogurt, lemon juice, herbs, capers, ½ avocado, 2 Tbsp water, and a pinch each salt and pepper until smooth.

5. Toss greens with ¼ cup dressing and slice remaining ½ avocado, then divide among plates along with potatoes, green beans, salmon, tomatoes, and eggs. Top with additional herbs if desired and serve with remaining dressing.

PER SERVING *489 cal, 42 g pro, 36 g carb, 8 g fiber, 5 g sugars (0 g added sugars), 20 g fat (5 g sat fat), 255 mg chol, 776 mg sodium*

CHILI WITH WHEAT BERRIES AND BEANS

ACTIVE **20 MIN.**
TOTAL **6 HR. 20 MIN.**
SERVES **4**

- **1 28-oz can fire-roasted crushed tomatoes**
- **1 14.5-oz can no-salt-added diced tomatoes**
- **1 Tbsp chili powder**
- **2 tsp ground cumin**
- **1 tsp ground coriander**
- **3 cloves garlic, pressed**
- **2 large poblano peppers, cut into ¼-in. pieces**
- **1 onion, chopped**
- **¾ cup wheat berries**
- **Kosher salt and pepper**
- **½ bunch cilantro**
- **2 15.5-oz cans low-sodium beans (1 red kidney, 1 black), rinsed**
- **Sliced jalapeño and lime wedges, for serving**

1. In slow cooker, combine tomatoes and their juices, chili powder, cumin, coriander, and ¾ cup water.
2. Stir in garlic, poblano peppers, onion, wheat berries, and ½ tsp each salt and pepper. Reserve 1 cup cilantro leaves, then tie remaining with kitchen twine and add to slow cooker. Cover and cook until wheat berries are tender but still chewy, 5 to 6 hr. on High (or 7 to 8 hr. on Low).
3. Ten min. before serving, remove and discard cilantro bundle and gently stir in beans. Divide among bowls and top with reserved cilantro and jalapeño slices if desired. Serve with lime wedges.

PER SERVING *423 cal, 22 g pro, 83 g carb, 23 g fiber, 12.5 g sugars (0 g added sugars), 1.5 g fat (0 g sat fat), 0 mg chol, 981 mg sodium*

GRAIN GOODNESS

Firm and chewy wheat berries contain the bran, germ, and endosperm of the grain, offering an array of vitamins and antioxidants in each layer.

GINGER-GARLIC COD EN PAPILLOTE

ACTIVE **15 MIN.**
TOTAL **30 MIN. PLUS COOLING**
SERVES **4**

1. Heat oven to 400°F. Tear off four 12-in. squares of parchment paper and arrange on 2 rimmed baking sheets.
2. Divide **2 heads baby bok choy** (roughly chopped) and **four 5-oz boneless, skinless cod fillets** among squares.
3. In small bowl, stir together **4 tsp each mirin** and **reduced-sodium soy sauce, 2 scallions and 2 cloves garlic** (all thinly sliced), and **2 tsp grated fresh ginger**.
4. Spoon over fish and sprinkle with **¼ tsp each salt and pepper**, dividing among fish fillets.
5. Cover each with additional parchment square and fold each side up twice, then fold each corner underneath. Roast 12 min. Let cool at least 3 min. before cutting open. Sprinkle with additional scallions if desired.

PER SERVING *139 cal, 27 g pro, 5 g carb, 1 g fiber, 2.5 g sugars (0 g added sugars), 1 g fat (0 g sat fat), 61 mg chol, 427 mg sodium*

COD

Salmon isn't the only source of omega-3s in the sea; cod also provides some of the healthy fats. They help reduce levels of triglycerides—harmful fats in the blood—which in turn helps slow hardening of arteries, a risk for heart attack, stroke, and heart disease.

GRILLED SALMON AND CREAMY CUCUMBER SALAD

ACTIVE **25 MIN.**
TOTAL **25 MIN.**
SERVES **4**

- **1 small English cucumber, sliced**
- **Kosher salt and pepper**
- **3 Tbsp sour cream**
- **1½ Tbsp mayonnaise**
- **1 Tbsp cider vinegar**
- **1 small bulb fennel, cored and thinly sliced, plus 1 Tbsp chopped fronds**
- **4 6-oz salmon steaks**
- **¼ small red onion, thinly sliced**
- **2 Tbsp chopped dill, plus more for sprinkling**

1. In bowl, toss cucumber with ¾ tsp salt. Let sit, tossing occasionally, 15 min.

2. Heat grill to medium-high. In bowl, whisk together sour cream, mayonnaise, vinegar, and ¼ tsp pepper. Add sliced fennel and toss to combine.

3. Season salmon with ¼ tsp each salt and pepper and grill, covered, until lightly charred and just barely opaque throughout, 4 to 6 min. per side.

4. Drain cucumbers and toss with fennel mixture. Fold in red onion, dill, and fennel fronds. Season with salt if desired. Sprinkle with additional dill and cracked pepper (cucumbers will continue to get saucier) and serve with salmon.

PER SERVING *260 cal, 33 g pro, 6 g carb, 2 g fiber, 3 g sugars (0 g added sugars), 11.5 g fat (3 g sat fat), 80 mg chol, 497 mg sodium*

IMMUNE BOOSTER

The orange hue of sweet, earthy butternut squash means it's full of beta-carotene, which your body converts into health-supporting vitamin A.

BUTTERNUT SQUASH AND KALE PIZZA

ACTIVE **15 MIN.**
TOTAL **25 MIN.**
SERVES **4**

Cornmeal, for baking sheet

Flour, for surface

1 lb refrigerated (or frozen, thawed) pizza dough, left at room temp for 30 min.

3 oz Gruyère cheese or extra-sharp Cheddar, coarsely grated

1 small butternut squash (about 1½ lbs)

1 lemon

1 small red onion, thinly sliced

2 tsp fresh rosemary leaves

2 Tbsp olive oil

Kosher salt and pepper

½ bunch Tuscan kale, stems discarded, leaves chopped

1. Heat oven to 475°F. Sprinkle large baking sheet with cornmeal or line with parchment paper. On lightly floured surface, shape pizza dough into large oval, transfer to prepared sheet, and sprinkle with cheese.
2. Using vegetable peeler, peel squash. Working over bowl, use peeler to shave ribbons from top to bottom, rotating every few peels. Shave about half of squash (reserve remainder for another use).
3. With peeler, remove 3 strips of zest from lemon; thinly slice zest. Add to bowl of squash ribbons along with onion and rosemary; toss with oil and ½ tsp each salt and pepper. Fold in kale.
4. Scatter vegetable mixture over dough and bake until crust is deep golden brown and squash is tender, 10 to 15 min.

PER SERVING *476 cal, 15 g pro, 65 g carb, 5 g fiber, 2.5 g sugars (0 g added sugars), 17 g fat (5 g sat fat), 23 mg chol, 1,289 mg sodium*

GREEK CHICKEN AND FARRO SALAD

ACTIVE **20 MIN.**
TOTAL **20 MIN.**
SERVES **4**

1¼ cups quick-cooking farro

2 Tbsp olive oil, divided

½ small red onion, thinly sliced

4 Tbsp lemon juice, divided

Kosher salt and pepper

12 oz. boneless, skinless chicken breasts, sliced ½-in. thick

¼ cup fresh dill, chopped

8 oz chopped grape tomatoes, halved

½ seedless cucumber, cut into ½-in. pieces

3 oz baby arugula (about 3 cups)

3 oz. feta, crumbled

1. Cook farro per pkg. directions, then drain, transfer to large bowl, and toss with 1 Tbsp oil.
2. Meanwhile, in second bowl, toss onion with 2 Tbsp lemon juice and a pinch of salt. Let sit, tossing twice.
3. Heat remaining Tbsp oil in large skillet on medium-high. Season chicken with ¼ tsp each salt and pepper and cook until golden brown, 8 to 10 min.
4. Remove skillet from heat and stir in remaining 2 Tbsp lemon juice.
5. Add chicken and any juices to farro along with dill, tomatoes, cucumber, and onion (and their juices); toss to combine. Fold in arugula and feta.

PER SERVING *398 cal, 29 g pro, 37 g carb, 6 g fiber, 4 g sugars (0 g added sugars), 14.5 g fat (5 g sat fat), 20 mg chol, 393 mg sodium*

HEARTY HERO

Ancient grains like farro add a sneaky hit of fiber. Just a ¼ cup serving contains about 5 g of fiber, which can help lower blood sugar and cholesterol.

BBQ JACKFRUIT PULLED "PORK"

ACTIVE **20 MIN.**
TOTAL **4 HR. 20 MIN.**
SERVES **8**

1 8-oz can tomato sauce
2 Tbsp packed brown sugar
2 Tbsp molasses
1 Tbsp chili powder
Kosher salt and pepper
2 large cloves garlic, finely chopped
2 small red onions, thinly sliced
2 14-oz cans young green jackfruit in brine or water (not syrup), rinsed
2 Tbsp fresh lime juice
1 tsp honey
¼ small red cabbage, cored and thinly sliced
8 rolls, split and toasted
Sliced avocado, for serving
½ cup fresh cilantro leaves

1. In slow cooker, combine tomato sauce, sugar, molasses, chili powder, ¾ cup water, and ½ tsp salt. Stir garlic and all but ¼ cup onion into sauce along with jackfruit. Cover and cook on High until very tender, 3 to 4 hr.

2. Ten min. before serving, whisk together lime juice, honey, and ¼ tsp each salt and pepper. Toss remaining onion with lime dressing, then toss with cabbage.

3. Using 2 forks, gently break up jackfruit. Divide jackfruit among rolls and top with avocado. Fold cilantro into cabbage slaw and spoon on top.

PER SERVING *335 cal, 9 g pro, 54 g carb, 12 g fiber, 12.5 g sugars (8 g added sugars), 10 g fat (1.5 g sat fat), 0 mg chol, 714 mg sodium*

SUPER SWAP

Jackfruit, a tropical tree fruit, can take on the tender, pull-apart nature of barbecued pork when cooked. Plus, it's a great source of vitamin C and potassium.

PORK AND PEACH KEBABS WITH GRILLED GREEN BEANS

This juicy dish is a genius way to get both fruits and vegetables on your plate at dinnertime.

ACTIVE **30 MIN.**
TOTAL **30 MIN.**
SERVES **4**

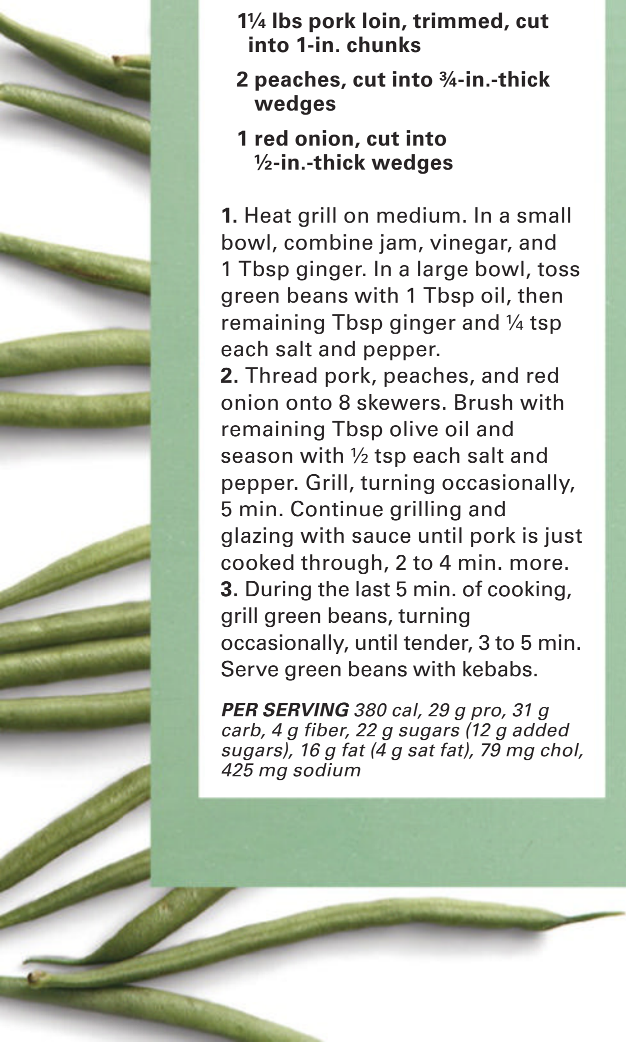
- **¼ cup peach jam**
- **1 Tbsp rice vinegar**
- **2 Tbsp grated fresh ginger, divided**
- **1 lb green beans, trimmed**
- **2 Tbsp olive oil, divided**
- **Kosher salt and pepper**
- **1¼ lbs pork loin, trimmed, cut into 1-in. chunks**
- **2 peaches, cut into ¾-in.-thick wedges**
- **1 red onion, cut into ½-in.-thick wedges**

1. Heat grill on medium. In a small bowl, combine jam, vinegar, and 1 Tbsp ginger. In a large bowl, toss green beans with 1 Tbsp oil, then remaining Tbsp ginger and ¼ tsp each salt and pepper.

2. Thread pork, peaches, and red onion onto 8 skewers. Brush with remaining Tbsp olive oil and season with ½ tsp each salt and pepper. Grill, turning occasionally, 5 min. Continue grilling and glazing with sauce until pork is just cooked through, 2 to 4 min. more.

3. During the last 5 min. of cooking, grill green beans, turning occasionally, until tender, 3 to 5 min. Serve green beans with kebabs.

PER SERVING *380 cal, 29 g pro, 31 g carb, 4 g fiber, 22 g sugars (12 g added sugars), 16 g fat (4 g sat fat), 79 mg chol, 425 mg sodium*



Brag-Worthy Sides

Pair these with protein for a complete meal.

VITAMIN-RICH ROASTED VEGGIES WITH SPRING HERBS

Fresh herbs add extra zing to this side dish.

1. Chop **3 carrots** and **3 Yukon Gold potatoes** into 1- to 1½-in. pieces.
2. Toss with 1 **Tbsp olive oil** and **kosher salt and pepper** to taste. Spread on baking sheet in a single layer, uncovered.
3. Roast at 400°F for 30 to 40 min. or until done. In a separate bowl, combine **2 Tbsp finely chopped parsley**, 2 **Tbsp finely chopped dill**, and **1 tsp lemon zest.** Toss with carrots and potatoes. Serves 4.

CARROTS

Carrots are versatile veggies full of fiber, vitamins A and C, and carotenoids, which can help improve vision and are linked to a reduced risk of certain kinds of cancer. Carotenoids are best absorbed when carrots are chopped, blended, or cooked and eaten with dietary fat.

GRAPEFRUIT, ENDIVE, AND PISTACHIO SALAD

ACTIVE **35 MIN.**
TOTAL **35 MIN.**
SERVES **4**

1. Grate **2 tsp zest** from **1 medium ruby red grapefruit**, then remove skin and pith from **3 grapefruits** total and cut into segments, reserving **3 Tbsp juice**.
2. In large bowl, whisk together grapefruit juice and zest, **3 Tbsp white wine vinegar, 1½ Tbsp olive oil, 1 tsp honey**, and **½ tsp each kosher salt and pepper**, then stir in **2 medium shallots** (finely chopped).
3. Add **2 small heads endive** (leaves separated), **½ small head radicchio** (torn into bite-size pieces), **1 large head fennel** (very thinly sliced), and **⅓ cup mint leaves** (roughly chopped); toss to combine.
4. Gently fold in grapefruit segments and **1 small avocado** (sliced) and top with **¼ cup roasted salted pistachios** (chopped) and extra mint leaves.

PER SERVING *296 cal, 6 g pro, 41 g carb, 11 g fiber, 21.5 g sugars (1.5 g added sugars), 4.5 g fat (2 g sat fat), 0 mg chol, 321 mg sodium*

GRAPEFRUIT

Histamines are the chemicals responsible for many allergy symptoms, including upper-respiratory issues like itchy or inflamed nose, eyes, ears, and throat. But vitamin C works as an antihistamine and may help reduce symptoms as well as support a healthy immune system overall.

KALE

Packed with vision-supporting vitamin A and over 500% of your daily value of vitamin K (in 1 cup cooked), this leafy green has earned its legendary status.

ROASTED KALE WITH OYSTER MUSHROOMS

ACTIVE **25 MIN.**
TOTAL **35 MIN.**
SERVES **8**

- **1 lb oyster mushrooms, trimmed of tough ends and torn into 2-in. clusters**
- **1 large red onion, cut into ¼-in.-thick wedges**
- **4 Tbsp olive oil, divided**
- **Kosher salt and pepper**
- **2 large cloves garlic, grated**
- **1½ lbs Tuscan kale (about 1 large bunch), woody stems trimmed**

1. Heat oven to 475°F. On large rimmed baking sheet, gently toss mushrooms and onion with 2 Tbsp oil, ½ tsp salt, and a pinch of pepper. Roast 12 min.
2. Meanwhile, in large bowl, combine garlic, remaining 2 Tbsp oil, and ½ tsp salt. Cut kale crosswise into 2-in.-wide pieces and add to bowl, massaging garlic oil into kale.
2. Arrange kale on second rimmed baking sheet.
3. Toss mushrooms and onion and return to oven along with kale; continue roasting, tossing kale halfway through, until mushrooms and onion are tender and kale is just tender and crispy around edges, 10 to 12 min.
4. Gently combine kale and mushroom mixture and transfer to platter to serve.

PER SERVING *112 cal, 4 g pro, 11 g carb, 3 g fiber, 1.5 g sugars (0 g added sugars), 7 g fat (1 g sat fat), 0 mg chol, 277 mg sodium*

PREP TIP Strip leaves by holding the end of the stem and pulling each side down and off in one motion. Or, fold like a closed book (think of the stem as the spine) and cut away the leaf part.

JICAMA, MANGO, AND RADISH SLAW

ACTIVE **25 MIN.**
TOTAL **25 MIN.**
SERVES **6**

1. In small skillet on medium-low, toast **1½ tsp cumin seeds**, stirring occasionally, until fragrant, 1 to 2 min.

2. Transfer to large bowl with **½ tsp lime zest** plus **3 Tbsp lime juice, 1 Tbsp each canola oil and honey**, and **¼ tsp kosher salt** and whisk to combine.

3. Add **1 medium jicama** (about 14 oz, peeled and cut into matchsticks), **4 large radishes** (cut into matchsticks), and **3 scallions** (thinly sliced on a bias).

4. Toss with **1 firm mango** (peeled, pitted, and cut into matchsticks) and **½ tsp salt**. Top with **3 Tbsp roasted pepitas** and **a large pinch of chipotle powder**.

PER SERVING *120 cal, 3 g pro, 19 g carb, 5 g fiber, 12 g sugars (3 g added sugars), 4.5 g fat (0.5 g sat fat), 0 mg chol, 249 mg sodium*

JICAMA

This crunchy veg is like a cross between an apple and a potato, and it's packed with nutrients to give you a strong ticker. It provides a nice amount of fiber (6 g per 1 cup sliced), which helps keep blood sugar levels steady, as well as some potassium, which promotes healthy blood pressure. It also has some iron—being deficient in this mineral has been linked to higher heart disease risk.

SLOW-ROASTED TOMATOES

ACTIVE **10 MIN.**
TOTAL **2 HR. 15 MIN.**
MAKES **ABOUT 4 CUPS**

- **3 lbs mixed-color cherry and grape tomatoes, halved**
- **10 cloves garlic**
- **¼ cup olive oil**
- **8 fresh thyme sprigs**
- **Kosher salt and pepper**

1. Heat oven to 275°F.
2. On large rimmed baking sheet, gently toss tomatoes and garlic with oil, thyme, ¾ tsp salt, and ½ tsp pepper.
3. Roast until tomatoes have reduced one-quarter in size and are just beginning to dry around edges, 2 to 2½ hr.
4. Transfer to freezer-safe jars or containers and add more oil to cover.

TO SAVE When you slow-roast tomatoes, they become extra sweet and can last up to 3 months in the freezer. Thaw, then spread on toast, fold into eggs, or toss with pasta or shrimp.

PER ¼ CUP SERVING *77 cal, 1 g pro, 5 g carb, 1 g fiber, 1 g sugars (0 g added sugars), 7 g fat (1 g sat fat), 0 mg chol, 103 mg sodium*

TOMATOES

Tomatoes, whether from the local market or grocery store, boast tons of health benefits. They are a good source of vitamin C, potassium, folate, vitamin K, and plant compounds such as lycopene and beta carotene. Tomatoes may help decrease risk of heart disease and some types of cancers. They also can be helpful for skin health.

BRUSSELS SPROUTS

These mini cabbages contain sulfur-containing compounds that protect cells from DNA damage. They're also rich in vitamins C and K, folate, fiber, as well as inflammation-fighting carotenoids.

ROASTED BRUSSELS SPROUTS WITH LIME-CHILE DIPPING SAUCE

ACTIVE **10 MIN.**
TOTAL **15 MIN.**
SERVES **4**

1. Place large rimmed baking sheet in oven and heat oven to 450°F.
2. Remove pan and add **1 Tbsp extra virgin olive oil** (or toasted peanut oil), then **12 oz Brussels sprouts** (halved).
3. Sprinkle with ⅛ **tsp kosher salt** and toss to combine. Arrange cut sides down and roast until golden brown on bottoms, 7 to 8 min.
4. Flip and roast until just tender, about 3 min. more. Meanwhile, combine **4 tsp fresh lime juice, 1 Tbsp each fish sauce and water, 2 tsp maple syrup,** ½ **small Thai red chile** (thinly sliced), and ½ **small clove garlic** (grated).
5. Serve sprouts with dipping sauce and **crushed roasted peanuts** if desired.

PER SERVING *80 cal, 3 g pro, 11 g carb, 3 g fiber, 4 g sugars (2 g added sugars), 3.5 g fat (3 g sat fat), 0 mg chol, 379 mg sodium*

Nourishing Snacks and Desserts

This is where deliciousness meets healing goodness.

CAULIFLOWER HUMMUS

ACTIVE **15 MIN.**
TOTAL **45 MIN.**
MAKES **1⅔ CUPS**

1. Steam **3 cups (about 12 oz) raw cauliflower florets** until tender; let cool.
2. Add to food processor or blender along with **⅓ cup fresh lemon juice, 1 clove garlic** (grated), **¾ tsp kosher salt**, and **½ tsp ground cumin.**
3. Process until mixture is smooth.
4. Add **⅓ cup tahini** (well stirred) and process until velvety and creamy.
5. Adjust seasonings if necessary and refrigerate until cool, about 30 min.
6. Serve drizzled with **olive oil** and sprinkled with **toasted pine nuts** and **smoked paprika** if desired. Serve with **vegetables** for dipping.

__PER ⅓ CUP SERVING__ 116 cal, 4 g pro, 8 g carb, 3 g fiber, 1.5 g sugars (0 g added sugars), 9 g fat (1.5 g sat fat), 0 mg chol, 326 mg sodium

ROASTED CHICKPEAS

ACTIVE **5 MIN.**
TOTAL **5 MIN.**
SERVES **2**

These crunchy, crispy chickpeas are an ideal alternative to highly processed savory snacks, like potato chips.

- **2 15-oz cans chickpeas**
- **2 Tbsp extra virgin olive oil**
- **¼ tsp kosher salt**
- **¼ tsp pepper**

1. Heat oven to 425°F. Rinse and drain chickpeas; pat very dry with paper towels, discarding any loose skins.
2. On large rimmed baking sheet, toss with olive oil, salt, and pepper. Roast for 30 min. until crisp, shaking occasionally. Remove from oven and transfer to bowl. Chickpeas will continue to crisp as they cool.

***PER SERVING** 110 cal, 4 g pro, 13 g carb, 4 g fiber, 5 g sugar (0 g added sugars), 5 g fat (0.5 g sat fat), 0 mg chol, 480 mg sodium*

HEALTHY “CHIPS”

Cayenne contains antioxidants such as capsaicin, which is antimicrobial and may improve digestion and reduce pain. Cayenne also contains compounds called capsaicinoids that have thermogenic properties, meaning they have the potential to raise body temperature and increase metabolism.

ACTIVE **10 MIN.**
TOTAL **30 MIN.**
SERVES **4**

1. Wash and tear **1 bunch kale** into chip-size pieces; discard stems.
2. Dry thoroughly and spray with **olive oil**, coating each piece lightly.
3. Lay kale in a single layer on top of a baking rack on a cookie sheet.
4. Combine ¼ **tsp sea salt,** ⅛ **tsp garlic powder**, and ¼ **tsp ground cayenne** (or more to taste). Sprinkle evenly over kale.
5. Bake on the center oven rack at 350°F for 18 to 20 min. until crispy.

PER SERVING *86 cal, 4 g pro, 10 g carb, 5 g fiber, 2 g sugar (0 g added sugars), 4 g fat (0.5 g sat fat), 0 mg chol, 189 mg sodium*

MUNG BEANS

Rich in fiber, legumes like mung beans help move food through the gut and the GI system to keep good and bad bacteria balanced. They're a smart choice for overall health, too, as some research indicates that they may support good blood sugar, cholesterol, and blood pressure levels.

FRIED GREEN MOONG DAL CAKES

ACTIVE **40 MIN.**
TOTAL **40 MIN.**
SERVES **4 (MAKES ABOUT 12)**

1. Soak ¾ **cup dried green mung beans** in water for 8 hr.; drain well.
2. In food processor, pulse **1 cup cilantro, 1 large scallion (cut into 1-in. pieces), 1 clove garlic, ½ small serrano chile, 1½ tsp grated fresh ginger**, and **1¾ tsp ground cumin**, scraping down as needed, until finely chopped.
3. Add mung beans, **1 Tbsp lime juice**, and **½ tsp each baking soda and kosher salt** and pulse, scraping down as needed, until very finely chopped (but not pureed) and mixture holds together when squeezed.
4. Form into 2-in.-wide cakes (about 2 Tbsp each).
5. Heat **2 Tbsp canola oil** in large cast-iron skillet on medium-low and cook half of cakes, adjusting heat as necessary, until deep golden brown and crisp, 3 to 4 min. per side.
6. Repeat with remaining cakes and **2 Tbsp more oil**. Serve with **Greek yogurt** for dipping.

PER SERVING *174 cal, 10 g pro, 26 g carb, 7 g fiber, 3 g sugars (0 g added sugars), 4 g fat (0.5 g sat fat), 0 mg chol, 407 mg sodium*

BANANA AND COCONUT BAKED TEMPEH

ACTIVE **25 MIN.**
TOTAL **1 HR. 25 MIN.**
SERVES **12**

1. Heat oven to 375°F.
2. In 9-by-13-in. glass or ceramic baking dish, stir together one **13-oz can light coconut milk, 2 Tbsp pure maple syrup, 1 Tbsp lime juice, 2 tsp pure vanilla extract, and ½ tsp kosher salt.**
3. Using serrated knife, slice **two 8-oz pkgs. plain tempeh** into thirds crosswise, then halve each piece horizontally to create 12 (2½-by-3-in.) rectangles, each about ¼ in. thick.
4. Nestle rectangles into coconut mixture in single layer, cover tightly with foil, and bake 30 min.
5. Remove foil and bake until coconut milk is reduced to thick syrup and tempeh is caramelized, 28 to 32 min.
6. Top with **2 large bananas** (sliced), ⅓ **cup unsweetened coconut chips** (toasted), and **1 tsp grated lime zest.**

PER SERVING *138 cal, 9 g pro, 11 g carb, 3 g fiber, 6 g sugars (2 g added sugars), 7 g fat (4 g sat fat), 0 mg chol, 87 mg sodium*

TEMPEH

Another fermented food, tempeh is made from soy and commonly enjoyed as a plant-based protein. It also contains prebiotics, which feed the good bacteria in the gut and contribute to biodiversity. Got GI problems? Working with a dietitian as well as your gastroenterologist can help you identify which foods are triggering cramping, gas, bloating, constipation, and/or diarrhea.

PEACH ICE POPS

The fact that sweet, juicy peaches are good for you (tons of antioxidants!) is proof that nature is amazing. Bliss out with these bites.

ACTIVE **5 MIN.**
TOTAL **5 HR. 5 MIN.**
MAKES **12**

1. In blender, puree **1 lb ripe peaches** (about 4, chopped), **1 cup rosé wine, 1 Tbsp fresh lime juice, 1 to 2 Tbsp honey**, and **a pinch of salt** until smooth. **2.** Divide among holes of 12-pop ice pop mold,filling to ½ in. from top. Freeze 1 hr., then add ice pop sticks and freeze until firm, at least 4 hr.

PER POP *39 cal, 0.5 g pro, 6.5 g carb, 0.5 g fiber, 6 g sugars (2 g added sugars), 0 g fat (0 g sat fat), 0 mg chol, 11 mg sodium*

AVOCADO MOUSSE

Creamy avocado and a touch of almond milk are used as milk and egg impostors in this easy blender mousse. (But you'd never know it by the taste!)

ACTIVE **5 MIN.**
TOTAL **5 MIN.**
SERVES **2**

- **1 large, ripe avocado**
- **¼ cup Dutch-process cocoa**
- **3 Tbsp unsweetened almond milk**
- **1 Tbsp honey**
- **1 tsp pure vanilla extract**
- **Kosher salt**
- **Shaved chocolate, for serving**

1. In mini food processor, pureé avocado, cocoa, almond milk, honey, vanilla extract, and pinch of salt. Chill if desired.
2. Divide between 2 small glasses and serve with shaved chocolate.

PER SERVING *304 cal, 5 g pro, 33 g carb, 12 g fiber, 18 g sugars (17.5 g added sugars), 21 g fat (2.5 g sat fat), 0 mg chol, 88 mg sodium*

BLOOD ORANGE AND OLIVE OIL SHORTBREAD

Heart-healthy olive oil is the secret to these butter-free shortbreads, which are rich, tender, and practically free of saturated fat.

ACTIVE **15 MIN.**
TOTAL **30 MIN. PLUS COOLING**
SERVES **48**

- **3 cups all-purpose flour**
- **½ tsp kosher salt**
- **2¼ cups confectioners' sugar, divided**
- **1 cup extra virgin olive oil**
- **2 tsp pure vanilla extract**
- **2 Tbsp blood orange juice**

1. Heat oven to 350°F. In a bowl, whisk together flour, salt, and 1 cup confectioners' sugar. Add oil and vanilla and mix to combine.
2. Transfer dough to 1 piece of parchment paper and cover with another. Using a rolling pin, roll to ¼ in. thick. Slide onto a baking sheet, remove top piece of parchment, and bake until edges are light golden brown, about 15 min. With shortbread still on baking sheet, immediately cut into 1-by-2-in. rectangles, but do not move or handle. Let cool completely, about 30 min.
3. When cookies are cool, whisk together blood orange juice and remaining 1¼ cups confectioners' sugar. Dip cooled cookies into glaze and place on parchment to dry. Store covered at room temperature.

***PER SERVING** 95 cal, 1 g pro, 12 g carb, 0 g fiber, 5.5 g sugars (5.5 g added sugars), 4.5 g fat (0.5 g sat fat), 0 mg chol, 20 mg sodium*

Prevention ANTI-INFLAMMATION *Diet*

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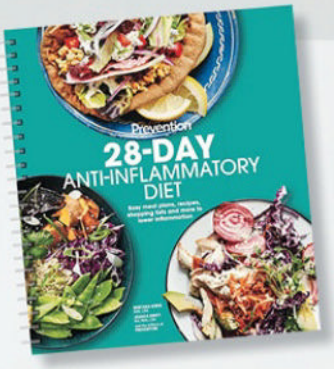

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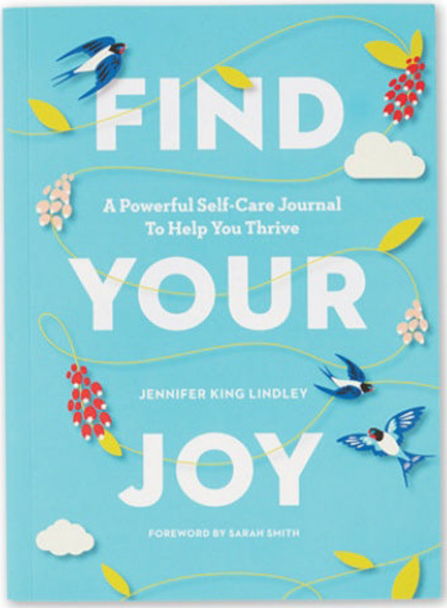
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